

The Effects of Neuropathy on Quality of Life

If you suffer from [peripheral neuropathy](#) or [diabetic peripheral neuropathy](#), you are no stranger to how difficult it is trying to live a normal life while being afflicted with a debilitating disease. For someone unfamiliar with the symptoms of this condition, neuropathy may mean that a person's feet hurt once in a while. But as a sufferer, you know that it changes your life completely.

Neuropathy doesn't just entail physical challenges to sufferers; the pain that it causes is chronic in nature and doesn't just come and pass in episodes. When individuals have to deal with this kind of consistent, unrelenting pain on a daily basis, it's bound to have detrimental effects on their quality of life. Social activities take a drastic backseat for neuropathy sufferers as their pain interferes with any engagements that they may have enjoyed in the past. Social relationships and their manner of interacting with others all change, leading to an adverse turn in their physical and mental well being.

Neuropathy sufferers are prone to depression or anxiety which only adds to their discomfort and dissatisfaction with their quality of life. Any modes of personal fulfillment, careers, relationships, hobbies and sports are put on hold as sufferers can only deal with their symptoms and try to get by them day by day. With the absence of any creative outlets, their quality of life is bound to spiral down.

Individuals suffering from neuropathy feel isolated due to an absence of social interaction. The inability to sleep properly because of the nagging, relentless pain affects their energy levels. They keep wondering why their condition is not improving and they become even more disheartened thinking that their life with probably remain like this for the rest of their lives.

Steps to take to improve quality of life

Many neuropathy sufferers may be thinking that their condition is hopeless. But the truth is, there are many steps that can be taken to overcome the challenges that the condition throws their way and allow them to function normally to a certain degree.

Neuropathy patients should:

- Take exceptional care of their feet and examine them daily for any bruises, cuts or injuries. Foot massages are extremely beneficial to promote circulation and reduce pain and discomfort.
- Stay active by engaging in moderate exercise to promote circulation and also enhance emotional health.
- Try to go out as often as possible and interact with others, keeping up a steady social life.
- Use a bed cradle to keep sheets off their feet so they can prevent pain while sleeping, and get essential rest to stay energetic during the day.

These are just simple measures sufferers can take on their own to help alleviate the symptoms of neuropathy. There are also treatment centers they can visit that offer professional help if they find they are unable to do it on their own.

<http://peripheralneuropathy.org>